

Dear Software Industry Executive:

Some of the information that was sent to the software companies in a memo, dated June 30, 1995, has been revised. In that memo, we provided you with a methodology for calculating the nutrient value of a combined breakfast and lunch using a weighted nutrient analysis. This segment of the June 30th memo has been modified. Therefore, you should disregard the previous documentation and technical assistance pertaining to this issue, we are enclosing new instructions. At this time, software companies will be required to program this feature into existing Nutrient Standard Menu Planning software systems for school food service.

After further evaluation of the feasibility of programming such an algorithm into nutrient analysis software, new methodology was developed and a worksheet was designed to provide a "step by step" approach for calculating a combined breakfast and lunch nutrient analysis on paper. This worksheet (enclosed) can be used by food service personnel who choose the Nutrient Standard Menu Planning option and desire one complete, combined analysis of their breakfast and lunch menus. Software companies now have the option of incorporating a combined menu analysis function in their software program or providing the software without this function. If this function is included, it will be evaluated by FCS for accuracy.

If you have any questions, please feel free to contact Renee Prioleau at (703) 305-2556.

Sincerely,

Cynthia H. Ford Branch Chief Technical Assistance Branch Nutrition and Technical Services Division

Enclosures

Note: The date on the original letter is illegible. The letter was sent in October of, probably, 1995 or 1996. The original letter was signed by Cynthia H. Ford. This Word version of the Breakfast/Lunch Combined Analysis document was created in April 2006.

The Food and Consumer Service has developed a methodology for calculating the nutrient value of a combined breakfast and lunch meal using a weighted nutrient analysis. A worksheet has been designed to provide a "step by step" approach for calculating a combined breakfast and lunch nutrient analysis on paper. This worksheet can be used by food service personnel utilizing the Nutrient Standard Menu Planning option, who desire one complete and combined analysis of their school breakfast and lunch menus. The key components of an accurate calculation require that the RDA nutrient standard and the analyzed nutrient values of a menu for breakfast and lunch are both weighted by the meal participation rates in one's school breakfast and lunch program.

METHODOLOGY

- 1. Specify age grouping.
- 2. Specify breakfast and lunch RDA standard for the specific age category.
- 3. Evaluate production and service records to determine meal participation rates (%).
- 4. Multiply each RDA nutrient standard for breakfast and lunch by meal participation rates.
- 5. Add the weighted breakfast and lunch RDA standard figures for each nutrient.
- 6. Perform a computer nutrient analysis of a weighted breakfast and lunch menu.
- 7. Multiply each nutrient value for the breakfast and lunch menu by meal participation rates (same participation rate as step 3).
- 8. Add the weighted breakfast and lunch menu figures for each nutrient.
- 9. Compare the weighted nutrient analysis of a combined breakfast and lunch meal to the weighted RDA standard for a combined breakfast and lunch.

WORKSHEET FOR CALCULATING THE NUTRIENT VALUE OF A COMBINED BREAKFAST AND LUNCH USING THE WEIGHTED NUTRIENT ANALYSIS PROCEDURE

Specify	/ age/grade gr	ouping						
Determ	nine the nutrie	nt stand	dard for the comb	ined breakfast	/lunch for	the age grouping.		
a.	Specify nutri	ent star	ndard for breakfa	st and for luncl	h.			
	BRKFT	LUI	NCH	BRKFT	LUNCH			
Ca	lories		Vitamin	Α				
Protein			Vitamin	C	·			
Ca	lcium		Fat					
Iro	n		Sat. Fat					
b.	Specify feed	ing figu	res for reimbursa	ble meals.				
Bre	eakfast		Lunch					
c.	Evaluate pro	duction	and service reco	ords to determi	ne reimbu	ırsable meal		
	participation	rates (%).					
Bre	eakfast	% B=	(B/ (B+L)) x100	Lunch	% L= (L/ (L+B)) x100		
d.	Multiply nutrient standard for breakfast and lunch by meal participation rates.							
	BREAKFAS	Т		LUNCH				
	Calorie	X	%=	Calorie	X	%=		
	Protein	_X	%=	Protein	X	%=		
	Calcium	X	%=	Calcium_	X	%=		
	Iron	X	%=	Iron	X	%=		
	Vit. A	X	%=	Vit. A	X	%=		
	Vit. C	X	%=	Vit. C	X	%=		
	Fat	X	%=	Fat	X	%=		
	Sat. Fat	_X	%=	Sat. Fat	X	%=		
e.	Add the weighted breakfast and lunch standard figures for each nutrient to obtain							
	a weighted n	utrient	standard.					
	В	L	Total		B I	_ Total		
	Calories+=							
	Protein	_+	_=	Vitamin C.	+_	=		
	Calcium	_+	_=	Fat	+_	=		
	Iron	_+	_=	Sat. Fat	+_	=		
	Determa. Ca Pro Ca Iro b. Bro c.	Determine the nutrie a. Specify nutri BRKFT Calories Protein Iron b. Specify feed Breakfast c. Evaluate proparticipation Breakfast d. Multiply nutri BREAKFAS Calorie Protein Iron Vit. A Vit. C Fat Sat. Fat e. Add the weig a weighted result of the calcium Protein Calories Protein Calories Protein Calories Protein Calcium Calcium	a. Specify nutrient stand a. Specify nutrient stand BRKFT LUIT Calories	a. Specify nutrient standard for breakfa BRKFT LUNCH Calories	a. Specify nutrient standard for the combined breakfast a. Specify nutrient standard for breakfast and for lunch BRKFT LUNCH BRKFT Calories	Determine the nutrient standard for the combined breakfast/lunch for a. Specify nutrient standard for breakfast and for lunch. BRKFT LUNCH BRKFT LUNCH Calories Vitamin A		

a.	•	LUNCH	nalysis of a weighted BRKFT					
			Vitamin A					
	Protein		Vitamin C					
	Calcium		Fat					
	Iron	 -	Sat. Fat					
b.	Multiply each nutrient value for the breakfast and lunch menu by meal							
	participation rates. (Same participation rate as step 3)							
	BREAKFAST	(00	LUNCH	/				
	CalorieX	%=		Χ	%=			
	Protein X				%=			
	CalciumX_	%=			%=			
	IronX				%=			
	Vit. AX	%=	Vit. A	X	%=			
	Vit. CX	%=	Vit. C	X	%=			
	FatX	%=	Fat	X	%=			
	0-4 F-4 V	0/	0-4 5-4	V	0/			
c.	-	breakfast an	nd lunch menu figures		%= n nutrient to ol			
C.		breakfast an d nutrient ar	nd lunch menu figures	for each				
C.	Add the weighted I weighted combined	oreakfast an d nutrient ar Total	nd lunch menu figures nalysis.	for each	n nutrient to ol			
c.	Add the weighted I weighted combined B L	oreakfast and nutrient ar Total=	nd lunch menu figures nalysis. Vitamin A.	s for each B	n nutrient to ol L Total			
C.	Add the weighted by weighted combined B L Calories+	breakfast and nutrient ar Total ====	nd lunch menu figures nalysis. Vitamin A. Vitamin C.	B+_	n nutrient to ol L Total=			
C.	Add the weighted I weighted combined B L Calories+_	oreakfast and nutrient ar Total ====================================	nd lunch menu figures nalysis. Vitamin A. Vitamin C. Fat	B+_ +_	n nutrient to ol L Total=			
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